

Neck and Arm Pain. 2nd ed. Rene Cailliet. 162 pp. Illust. F.A. Davis Company, Philadelphia, 1981. \$8.95 (US), paperbound. ISBN 0-8036-1609-0

This book is one of a series by Rene Cailliet in which he discusses pain from several points of view. He attempts to update knowledge of neck and arm pain primarily in relation to changes in the neck. He suggests that specialists may benefit from reading this book, and I agree; some of the conclusions are perhaps over the heads of students and interns.

I was impressed by the fact that the first 41 pages are devoted to anatomy; this is an important and valuable contribution. Although I did not agree with the author's interpretation of certain situations, I was forced to consider again some of the basic anatomy in relation to neck pain.

This interesting and informative work is worth including in the library of the orthopedic surgeon dealing with whiplash and also has something to offer to the neurosurgeon dealing with conditions involving the cervical cord and nerve roots.

The book has been produced in a very acceptable form. I favour soft covers; they make handling and storage much easier.

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Recent Advances in Medicine. Number Eighteen. Edited by A.M. Dawson, Nigel Compston and G.M. Besser. 404 pp. Illust. Churchill Livingstone, Edinburgh; Academic Press Canada, Don Mills, Ont., 1981. \$43.75 (US), paperbound. ISBN 0-443-02078-7

This paperbound book, written, edited and published in Great Britain, contains a series of reviews of 17 unrelated topics. These topics are timely and include the relation between human leukocyte antigens and disease, drug interactions, pharmacokinetics, computer-assisted tomographic scanning, ultrasonography, endoscopy, plasma exchange therapy for immune complex disease, transplantation, ectopic humoral syndromes, exotic fevers, obesity, ageing, diabetes, Crohn's disease, optic nerve diseases and intravenous alimentation. There are the usual variations in style and content found in a multi-author textbook; however, most chapters are well written, up to date, eminently readable and detailed. In relevant chapters there is enough technical information to satisfy most clinicians.

This moderately priced book will prove readable and informative to those who are interested in one or more of the topics covered. It certainly appears to be a useful reference book and should be

relevant to practitioners and trainees in internal medicine. Subjects are covered in more detail than would be routinely recommended for medical students.

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Ophthalmology in Internal Medicine. Lee C. Chumbley. 280 pp. Illust. W.B. Saunders Company Canada Ltd., Toronto, 1981. \$36. ISBN 0-7216-2578-9

This book describes common medical disorders involving the eye from the point of view of a medical clinician. The clinical description, known cause and treatment are listed for each disorder. Following that the ocular findings and pertinent ocular treatment are described.

The value of this book to the ophthalmologist is in the succinct but informative medical discussions. These provide a current view of medical findings, differentiation from other diseases, likely causative factors and management of the disease. Although the book is not a textbook of medicine, the author has succeeded in packing a great deal of information into a relatively small space.

There is a good balance between the ophthalmic and medical descriptions. The major ophthalmic findings and their relation to the medical disorder are described, and treatment of the eye condition is considered.

This is a worthwhile book for ophthalmologists; it is easy to lose touch with the medical aspects of various diseases that they see, but this book will provide a quick, factual review.

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When Pregnancy Fails: Families Coping with Miscarriage, Stillbirth and Infant Death. Susan Borg and Judith Lasker. Beacon Press, Boston, 1981. \$12.95 (US), hardcover, ISBN 0-8070-3226-3; \$6.95 (US), paperbound, ISBN 0-8070-3227-1

This book, by two mothers who each suffered the loss of her first child, is written to help others cope with the profoundly personal tragedy of miscarriage, stillbirth and infant death.

The first section, "The parent's experiences", has a chapter devoted to each major type of loss — miscarriage, unwanted abortion, stillbirth and infant death. The chapter on parents' grief provides a real insight into the depth of feelings experienced. It is sometimes difficult for those who have not experienced such a loss to understand the pain and emotional trauma involved in the

death of a person who was never really "known". However, grieving parents feel they have lost a very real person.

After the initial reaction of shock and denial the grieving process begins. Parents need to know that this a normal, healthy and essential part of the healing process. For many the lack of images makes the grieving process more difficult, and this is one reason why parents are now being encouraged to have as much physical contact as possible with their dead or dying infant.

The section entitled "Personal networks" deals with the problems likely to be encountered by the couple, by grandparents and by other children in the home. For a young couple it may be the first major crisis that they have been through, and they may not have established the communication patterns necessary for helping each other. If the relationship is strong the basis for acquiring these skills is already there; if it is weak the couple is likely to have greater difficulties in resisting the stresses created by the loss. Many couples do discover a new appreciation of each other and of their other children.

The authors are very good at helping us understand how the needs of children are affected by a birth tragedy. Death has been a taboo subject for far too long in North American society, and children especially have been protected from it. They rarely see death because it generally occurs in hospital, funerals have been de-emphasized and grieving is often suppressed. Yet, as the authors point out, children are aware of death and they need to understand it. A funeral is a concrete and visible way to help parents, grandparents and other children come to terms with the death and to say their farewells.

The final chapter "Another baby? Feelings and options" goes through the myriad of feelings that parents encounter in considering their future after a birth tragedy. In the epilogue the authors share with the reader their experiences of becoming mothers again. During the writing of the book one author became pregnant and the other adopted a baby.

My wife and I have been through the experience of having a stillborn child and then a successful pregnancy. We found the book to be comprehensive, sensitive and practical. It would be a welcome gift to any family who experiences the loss of a baby. Health professionals, clergy and anyone whose work touches new parents would also benefit from reading this book.

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